Mary Sheridan

EDC 102

Expertise Statement

19 September 2015

When asked to write about something I know well and am good at I immediately thought of sports, especially volleyball. Sports may be sort of a surprising answer coming from a girl, but I have been exposed to sports for as long as I can remember. I started off playing on the classic AYSO soccer team coached by my dad. I participated in your typical basketball camps and Tee ball leagues. I moved on to little league softball and continued AYSO soccer through elementary school. In 5th grade I started going to volleyball camps at our local recreation center. Middle school came and I was on the modified soccer, volleyball, and track teams. At this point in time soccer was my number one sport as I had been playing it the longest and had the most passion for it. I continued playing soccer, volleyball, and track in high school.

Things changed once I reached freshman year, I realized I enjoyed volleyball much more and that soon became my passion. I was a starting freshman on my high school’s varsity volleyball team as a defensive specialist, meaning I only played in the back row. My freshman year of volleyball was a very memorable season, we made it to the sectional finals but unfortunately lost in that round. I was elected an honorable mention for the league following freshman year. Sophomore year came and I hit some bumps along the way, I was diagnosed with mono about half way through the season and was out for almost the remainder of the season. I was cleared to play again just in time for sectionals, but since I wasn’t allowed to do any physical activity I was very out of shape and wasn’t playing to my full potential. During the summer before junior year I was having some difficulties with my hitting, my technique was screwed up. All along volleyball had come so naturally to me so having difficulties with the sport was very frustrating. I then realized everything doesn’t come easy and it was going to take some work to get my hitting back to normal. I started taking private lessons and continued working at this up until the season began. It wasn’t until the first game of my junior year that I realized my hard work paid off, I started as an outside hitter and played all the way around. Junior year came and went and before I knew it the season was over. I had earned a spot on the 1st team Allstar team of the league following my junior year. I joined a club volleyball team and played on it for two years as a defensive specialist as my height wasn’t entirely in my favor. Then somehow, in the blink of an eye it was my senior year, my final year of volleyball. I was the captain of my team and a returning outside hitter, the season went very smoothly and we ended with just one loss. I couldn’t believe my time as a high school volleyball player had come to an end, I was very honored to receive a spot on the 1st team Allstar team of the league and also a spot on the Allstar team of the entire section. At the end of my senior year I’m very proud to admit that I was awarded the “most athletic girl” sport’s award. Now, a junior in college I am trying my best to stay active and continue to work out. I am still playing volleyball, not on an official team, but through intramurals and beach summer leagues.

Although volleyball wasn’t the first sport I played or the sport I played the longest, it was the sport I was most passionate about. It taught me a lot about myself, mostly that hard work most definitely pays off and although you may hit some bumps along the road they will only make you stronger in the end. I am so thankful for the role sports as a whole has played in my life.